Amendments to the claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of claims:

Claims 1-13 (canceled)

Claim 14 (new): A head restraint for use in motor vehicles, comprising:

an adjusting arrangement operable to adjust at least an angle and a height of the head restraint in relation to a vehicle seat, the adjusting arrangement having a plurality of positions arranged in a predetermined order of a non-operating position that prevents adjustment of the angle and the height of the head restraint, a first operating position that permits adjustment of the angle of the head restraint, and a second operating position that permits adjustment of the height of the head restraint; and

an operating element operably connected to the adjusting arrangement for selecting one of the plurality of positions, the plurality of positions being selectable in the predetermined order,

wherein in the first operating position, the angle of the head restraint is adjustable while the height of the head restraint remains locked.

Claim 15 (new): The head restraint of claim 14, wherein the operating element is operated in one dimension to select at least one of the plurality of positions.

Claim 16 (new): The head restraint of claim 14, wherein the operating element comprises a pushbutton.

Claim 17 (new): The head restraint of claim 16, wherein the first operating position of the adjusting arrangement is selectable by depressing the pushbutton, and the second operating position of the adjusting arrangement is selectable by further depressing the pushbutton.

Claim 18 (new): The head restraint of claim 17, wherein the adjusting arrangement returns to the non-operating position upon release of the pushbutton.

Claim 19 (new): The head restraint of claim 17, further comprising a biasing mechanism connected to the pushbutton for returning the adjustment mechanism to the non-operating position upon release of the pushbutton.

Claim 20 (new): The head restraint of claim 14, wherein the head restraint is supported by a carrier operably coupled to at least one support leg.

Claim 21 (new): The head restraint of claim 20, wherein the at least one support leg includes a plurality of locking elements.

Claim 22 (new): The head restraint of claim 20, wherein the at least one support leg comprises two support legs having a plurality of locking elements defining locking height positions of the head restraint.

Claim 23 (new): The head restraint of claim 22, further comprising a locking plate operable to engage the locking elements on the support legs.

Claim 24 (new): The head restraint of claim 14, wherein the head restraint is supported by a carrier at least partially enclosed by a casing, the casing being pivotally connected to the carrier.

Claim 25 (new): The head restraint of claim 24, wherein at least one of the carrier and the casing is made of rigid plastic.

Claim 26 (new): The head restraint of claim 24, further comprising an adjusting element connected to the casing.

Claim 27 (new): The head restraint of claim 26, wherein the adjusting element is an adjusting arm.

Claim 28 (new): The head restraint of claim 27, wherein the adjusting arm is curved.

Claim 29 (new): The head restraint of claim 26, wherein the adjusting element includes a plurality of notches defining locking angular positions of the head restraint.

Claim 30 (new): A motor vehicle seat comprising the head restraint of claim 14.

Claim 31 (new): A motor vehicle comprising the head restraint of claim 14.

Claim 32 (new): A head restraint for use in motor vehicles, comprising:

an adjusting arrangement operable to adjust at least an angle and a height of the head restraint in relation to a vehicle seat, the adjusting arrangement having a plurality of positions including a non-operating position that prevents adjustment of the angle and the height of the head restraint, a first operating position that permits adjustment of the angle of the head restraint, and a second operating position that permits adjustment of the height of the head restraint; and

an operating element operably connected to the adjusting arrangement for selecting one of the plurality of positions such that the second operating position is selectable in order only after the first operating position,

wherein in the first operating position, the angle of the head restraint is adjustable while the height of the head restraint remains locked.

Claim 33 (new): The head restraint of claim 32, wherein the operating element is operated in one dimension to select at least one of the plurality of positions.

Claim 34 (new): The head restraint of claim 32, wherein the operating element comprises a pushbutton.

Claim 35 (new): The head restraint of claim 34, wherein the first operating position of the adjusting arrangement is selectable by depressing the pushbutton, and the second operating position of the adjusting arrangement is selectable by further depressing the pushbutton.

Claim 36 (new): The head restraint of claim 34, wherein the adjusting arrangement returns to the non-operating position upon release of the pushbutton.

Claim 37 (new): A method for adjusting a head restraint in a motor vehicle, comprising the steps of:

providing an adjusting arrangement for adjusting at least an angle and a height of the head restraint in relation to a vehicle seat, the adjusting arrangement having a plurality of positions including a non-operating position that prevents adjustment of the angle and the height of the head restraint, a first operating position that permits adjustment of the angle of the head restraint, and a second operating position that permits adjustment of the height of the head restraint;

providing an operating element operably connected to the adjusting arrangement for selecting one of the plurality of positions;

operating the operating element to select the first operating position of the adjusting arrangement for adjusting the angle of the head restraint; and

operating the operating element to select the second operating position of the adjusting arrangement for adjusting the height of the head restraint,

wherein the step of operating the element to select the second operating position occurs only after the step of operating the operating element to select the first operating position.

Claim 38 (new): The method of claim 37, wherein the operating element is operated in one dimension to select at least one of the plurality of positions.

Claim 39 (new): The method of claim 37, wherein the operating element comprises a pushbutton.

Claim 40 (new): The method of claim 39, wherein the first operating position of the adjusting arrangement is selectable by depressing the pushbutton, and the second operating position of the adjusting arrangement is selectable by further depressing the pushbutton.

Claim 41 (new): The method of claim 39, wherein the adjusting arrangement returns to the non-operating position upon release of the pushbutton.

Claim 42 (new): The method of claim 37, wherein in the first operating position, the angle of the head restraint is adjustable while the height of the head restraint remains locked.